

Guitar



Lessons in this class will cover the Seven-Note Diatonic Scale Theory. Students will learn fret board familiarization & will be taught scale & chord relationships. Students will also learn various techniques for each of the different musical styles. The basis of this training is to learn to play the guitar with ease, developing the student's total musicality.

SY332.410 Winter: Tue. 1/11-3/1 (8 weeks)

SY332.111 Spring: Tue. 3/29-5/17 (8 weeks)

Time: 3:30-4:30 p.m. **Ages:** 9 & up

Fee: Resident \$65/Non-resident \$69

Location: SVCC-Senior Lounge

Instructor: Steve Nichols

Zumba!



The Zumba program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness experience that will blow you away! Achieve long term benefits in an exciting hour of calorie burning, body energizing, awe inspiring movements.

SC661.410 Winter: Wed. 1/12-3/2 (8 weeks)

SC661.111 Spring: Wed. 3/30-5/18 (8 weeks)

Time: 7:00-8:00 p.m.

Ages: 14 & up

Fee: Resident \$64 / Non-resident \$68

Location: SVCC-Ketell Hall

Instructor: Teyon Johnson

SELF DEFENSE/FITNESS/LIFELONG LEARNING

America's Youth Karate



This program is designed to promote a higher level of self confidence, improve self esteem, discipline, concentration and physical fitness! Open registration up to week 4. This is a year-round program. For additional information, please call (619) 282-3066 or visit us at www.ayop.org.



Class Starts: Tue. 1/4

Time: 5:00 p.m.

Ages: 4 & up

Fee: \$7 per week, pay weekly

Registration Fee: \$5

Location: SVCC-Ketell Hall

Instructor: Matt Armstrong

Dog Obedience Class



This six week class teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance. Materials needed: choker, 6 ft. & 20 ft. leash. Dogs must be a minimum of four months old and vaccinated. All dogs must have proof of current rabies vaccination.

SC747.410 Winter: Sat. 1/29-3/5 (6 weeks)

SC747.110 Spring: Sat. 4/16-5/21 (6 weeks)

Time: Basic 9:00-10:00 a.m.

SC748.410 Winter: Sat. 1/29-3/5 (6 weeks)

SC748.110 Spring: Sat. 4/16-5/21 (6 weeks)

Time: Intermediate 10:00-11:00 a.m.

Fee: Resident \$65/ Non-resident \$69

Location: Spring Valley Park

Instructor: Cindy D'Ambrosia of Castle Creek Kennels, sponsored by Bahia del Sur Kennel Club

Body by Discipline – Youth & Adult



Boxing, kickboxing and overall fitness! Expect a workout with strength & conditioning drills; guaranteed to improve your stamina & increase your speed while learning correct powerful punches & kicks. 8 weeks of fitness boot camp. Students end each class with a sense of pride & accomplishment.

SY667.410 Winter: Fri. 1/14-3/4 (8 weeks)

SY667.111 Spring: Fri. 4/1-5/20 (8 weeks)

Ages: 7-17 **Time:** 3:00-4:00 p.m.

SA667.410 Winter: Fri. 1/14-3/4 (8 weeks)

SA667.111 Spring: Fri. 4/1-5/20 (8 weeks)

Fee: Resident \$40/ Non-resident \$44

Ages: 18 & up

Time: 4:00-5:00 p.m.

Location: SVCC-Ketell Hall

Instructor: Chris Lumpkin

How to Self Publish Marketing e-books *FREE*

Author of two self published books, Linda Meckler will teach you how to self publish your book or make an E book for your website. Linda's books include the "Ghost Kids" Trilogy and "Fight Your Medical Insurance Nightmares". For more information on Linda Meckler, go to www.linda-meckler.com. Bring a lunch to this class.



SA051.410 Winter: Wed. 1/12, 1/26, 2/2, 2/16 (4 weeks)

SA051.111 Spring: Wed. 3/30, 4/13, 4/27, 5/11 (4 weeks)

Time: 12:00 - 1:00 p.m.

Location: SVCC-Olsen Room

Instructor: Linda Meckler